

to the Mastri, should all consult this science, lest their plans should meet with the Tughlakian tragedy of noble intentions self-defeated.

(8) Laying of Parks or Gardens.

(9) Giving of Charity.

(10) Performance of Marriage. Misalliance of any sort, whether positive physical repulsion or repugnance or vague intellectual incompatibility, will become impossible if the marriage is performed in the left nadi of the couple.

(11) Wearing new cloths. (Noothana Vastra Dharana). They will wear well if you wear them in your Ida.

(12) Propitiation Ceremonies. Santi Karmas.

(13) Taking of medicine (Oushada Seva). The inherent efficacy of a drug may be of no account, if you do not take it in your left nadi.

(14) Chemical experiments. (Rasayan Perisodhana)

(15) Approaching your superiors. From the Viceroy to the village servant, every one has to obey a certain higher authority in bureaucracy. You should be wary in approaching your superiors, for I am sure you would not bear the "Insolence of office and the spurns that the patient merit of the unworthy takes". Always make it a point to approach your boss when you are breathing through your left nostril.

(16) Political Interviews and Conferences. The fate of nations and millions of people depends on these interviews, talks and conferences. *Tashkent Sastri-Ayub talks, Delhi Talks, Frisco and U.N.O. Conferences, Commonwealth Prime Ministers Meetings* should be held with due observance of these respiratory precautions lest "Their currents turn awry and lose the name of action."

(17) Meeting your friends. You may lose your best friend if not met in your left nadi.

(18) Social reforms.

(19) Constructive schemes of Social advantage.

(20) Heroic deeds of altruism.

Ida nadi is an auspicious nadi for the performance of Karma Yoga. When the individual goes out into the wide world for any self-less public service, the Ida should lead him.

Actions to be performed in Pingala. Performance of all hard Actions (Kattina Karma):

(1) Learning of black arts (Krura vidyadhyana.)

(2) Sexual Cohabitation (Sri Samsarga.) Man's Pingala and the Woman's Ida should play during cohabitation. The man should lie on his left side and the woman on her right side, when the Pingala of the man and the Ida of the woman will be induced. This is ofcourse the preliminary posture of embrace which gives the most desirable results. This is a clue to success in cohabitation. If fertilisation takes place when the Pingala of the man and the Ida of the woman play, they will be blessed with a son (Puthra Santhana Prapti).

(3) Launching on a sea yoyage. (Nawka Yatra).

(4) Worshipping of cruel Gods and chanting of cruel Mantras. (Viramantra dhya dhupasana).

(5) Punishing the enemy,

(6) Learning of sciences (Sastra Abhyasam).

(7) Arrival. Always return home in your Pingala. You will find your wife in a joyful mood and your children in radiant health, an ideal state of domestic happiness.

(8) Sale of cattle (Pasu Vikrayam).

(9) Practice of music (Sangita Abhyasa).

(10) Fitting up of any machinery or plant. This is an important precaution in the industrial age of ours.

(11) Scaling a mountain or a fortrees, getting up into the higher storeys of a building. (Giri durga prasadharoohanam).